The official guide to the City of Euless Parks & Community Services Department





# ATHLETICS / EVENTS / CLASSES / SENIORS / RENTALS / PARKS

www.PlayEuless.com / "Euless Parks & Community Services" on Facebook

# **DIRECTORY**

Parks and Community Services 817-685-1429

Euless Family Life Center 817-685-1<u>666</u>

**Euless Family Senior Center** 817-685-1671

**Athletics** 817-685-1838

Facility Rentals 817-685-1649

**Softball World** 817-267-7135

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Mike McMacken, Athletic Coordinator 817-685-3100 / mmcmacken@eulesstx.gov

Linda Lux, Administrative Secretary 817-685-1828 / Ilux@eulesstx.gov



#### **Youth Track Team**

Registration April 1 – May 13 Ages 7 - 18 Cost: \$25 per child

#### **All Star Baseball Camp**

Registration May 1 – July 8 Cost \$100 per camper Camp Dates July 9 – 12 Ages 5 – 14

## Parks at Texas Star Fall Baseball League

Registration July 1 – August 12 Ages 3 – 14 Cost \$35 - \$55 Depending on Age

For More information, please call the Athletic Office at 817-685-1838 or visit www.ParksAtTexasStar.com

# SPECIAL EVENTS

## Star of Summer Open Park Party! Villages of Bear Creek Park Playground Sat. May 12, 11 a.m. – 1 p.m.

Get ready for a great summer by visiting our beautiful Villages of Bear Creek Park. Euless Parks and Community Services staff members will have information about our parks system, all of our summer fitness classes, recreation center memberships, programs and events. It's just the way to start your new fitness program! There are thousands of people who participate in different programs throughout the year and we can find an activity for you. Free hot dogs, popcorn and drinks for all participants.

#### **Summer Movie Series**

Come out and enjoy a great movie with the entire family. You can meet new people and help your community all at the same time! Have a relaxed wonderful evening under the stars and nighttime sky. We will provide free sodas and popcorn for all participants.

- Saturday, May 19th Puss N' Boots Villages of Bear Creek Amphitheater, 9 p.m.
- Saturday, June 23rd Adventures of TinTin Villages of Bear Creek Amphitheater, 9 p.m.
- Friday, July 27th The Mighty Ducks Outside the Dr Pepper StarCenter, 9 p.m.

Volunteers are needed for movies in the park and other great events. If you are interested in volunteering, call Jerry Poteet at 817-685-1449 or e-mail him at jpoteet@eulesstx.gov.

\*\* Admission is one canned food item that will benefit 6 Stones Missions.

## Kids Community Service Project Saturday, June 9, 9 a.m. – noon, Villages of Bear Creek Park

It was estimated that last year 15.5 million youths contributed more than 1.3 billion hours of service to their communities. When asked, the number one reason why they volunteered was the satisfaction of knowing they did something great and the pride they felt for giving back. If you want to help make a difference in your community, join us this spring as we embark on the first in a series of Youth Community Service Projects. For our first project, we will assist the Euless Parks Department by painting signs and benches along the trail in the Villages of Bear Creek Park. Other volunteers and Parks & Community Service employees will be on hand to assist, however parental supervision is required for participants under 16 years of age. Join us afterwards for hotdogs and refreshments. All materials will be provided, all we need is YOU. Your commitment can help make a world of difference to your community. For more information, call 817-685-1666.

A special **thank you** to these local businesses for making the Euless Playbook available to area residents: **Euless Chik-Fil-A (3003 Highway 121), Dr Pepper StarCenter (1400 S. Pipeline), Golden Chick (2600 W. Euless Blvd), NYPD Deli (304 S. Industrial), Starbucks (211 N. Main), Microtel Inn (901 Airport Freeway), Euless Wok (1060 N. Main).** 

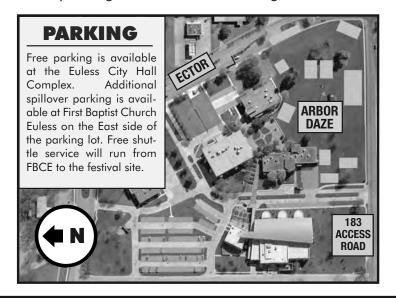


## Visit www.ArborDaze.org for more information.

April 28 (9 a.m. - 8 p.m.) / April 29 (2 p.m. - 6 p.m.) Euless City Hall Complex, 201 N. Ector Dr.

A 25 year "Tree City USA" recipient, the City of Euless is proud of their many "tree"-mendous accomplishments promoting Arbor Day. Each attendee of the festival will receive a free tree. The urban tree canopy has been dwindling for decades, and the Arbor Daze Festival has given over 150,000 trees since its inception 24 years ago. Most of these trees have been planted in the immediate area to replenish the local tree population.

Arbor Daze 2012 will feature great local entertainment, Arts and Crafts Booths, Business Expo, Arbor Dazzling Kidz Zone, Forestry Village and great food! Vendor applications and further details are available by visiting us at www.arbordaze.org.



#### THE FOLLOWING ARE NOT ALLOWED AT THE FESTIVAL:

Alcohol, dogs/pets (excluding service animals), bicycles, roller blades, skateboards and scooters. Handing out material (pamphlets/flyers/brochures/cards, etc.) advertising religious information, business ventures, etc. is prohibited. Selling merchandise, products, or services on festival ground requires pre-approval with payment of proper fees prior to the festival. Selling of merchandise, products, services, etc. around the festival ground without proper approval from the City is prohibited.

## **HEADLINE PERFORMERS**

Saturday, April 28 Noise in the Spaces (4 – 5 p.m.) The Killdares (6 – 7:15 p.m.)

Sunday, April 29 Jace Bersin Trio (3 – 4 p.m.) Terri Hendrix (4 – 5:15 p.m.)





# ADDITIONAL STAGE PERFORMERS

Forcher's Dance Force, Legends Martial Arts, Zaara Belly Dance Fusion, ELVIS, Grace Hula Dance Co., Pat Riddle School of Dance, Indigo Rose Belly Dancing, Maharlika Dancers, the Dixie Grand Cloggers, Little Hearts of Texas, and Events in Motion, Ka Pa Hula O Manulani, King & Roberts Dance and many more.

- •Main Stage sponsored by the Star-Telegram.
- Community Stage sponsored by Chic-fil-A.
  - Forestry Village sponsored by Chad's Chopp'N Shop.
- •Tree Giveaway sponsored by Fort Worth Community Credit Union.
  - Kidz Zone sponsored by the Bear Creek Family Dentistry.



### **CHILD & YOUTH ACTIVITIES**

#### **MOMMY AND ME GYMNASTICS**

Our Mommy and Me program is a parent/child participation class led by a safety-educated instructor. Includes an aerobic musical warm-up designed to teach the children rhythm, balance, coordination, and basic gymnastics terminology. The class uses a tumbling circuit designed to teach basic tumbling skills like front and back rolls, handstands, and cartwheels. Trampolines are used to help with body awareness, leg strengthening, and balance. Children are also introduced to the bars and balance beam using an apparatus circuit. And we never forget about play time with games and fun activities such as parachutes, bubbles, and balls! The class usually ends with stamp time and the bye-bye song. Instructor: Just 4 Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310181-01	6/2	EFLC	18-30m	S	10-10:45am	4	\$54
310181-02	6/4	EFLC	18-30m	M	6-6:45pm	4	\$54
310181-03	7/2	EFLC	18-30m	M	6-6:45pm	4	\$54
310181-04	7/7	EFLC	18-30m	S	10-10:45am	4	\$54
310181-05	8/4	EFLC	18-30m	S	10-10:45am	4	\$54
310181-06	8/6	EFLC	18-30m	M	6-6:45pm	4	\$54

# ABRAKADOODLE ART FOR TWOOSY DOODLERS (Ages 20-36 Months)

New classes every week!!! In this class, parents and children will explore the basics of art together. Children will be exposed to many mediums, art styles, and fun while parents have the chance to interact with their child through art. Caregiver participation is required for these classes. An \$18 supply fee is due on the first day of class. No class July 5. Instructor: Abrakadoodle DFW

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310004-01	6/7	EFLC	20-36m	TH	9-10am	6	\$48
310004-02	7/26	EFLC	20-36m	TH	9-10am	6	\$48

#### **TOT ICE SKATING INSTRUCTION**

Tots will learn the basics of ice skating in a fun environment. Children will practice falling down and getting up, marching across the ice, back wiggles, and stops. Toys, cones and stuffed animals are all used on the ice as teaching tools. Price includes skate rental on class day plus additional four free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

CL	ASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
31	1161-01	6/23	DPSC	3-4	S	11:15-11:	45am 2	\$30
31	1161-02	7/14	DPSC	3-4	S	11:15-11:	45am 2	\$30
31	1161-03	8/18	DPCS	3-4	S	11:15-11:	45am 2	\$30

## ABRAKADOODLE ART FOR MINI DOODLERS

Your child will have loads of fun while learning about master and contemporary artists, various art mediums and techniques. In our art education classes, children complete a new project each class. Parents are invited to attend the gallery showing during the last 10 minutes of class, where their child will be presenting their artwork using their newly learned arty words. An \$18 supply fee is due on the first day of class. New classes every week!!! No class July 5. Instructor: Abrakadoodle DFW

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310005-01	6/7	EFLC	3-5	TH	10:30-11:30am	6	\$48
310005-02	7/26	EFLC	3-5	TH	10:30-11:30am	6	\$48

### JAZZ/BALLET COMBO

This class teaches the basics of jazz and ballet technique. Students will learn jazz and ballet steps and combinations as well as a recital dance. Students will gain an understanding of body awareness as well as performance skills, rhythm and musicality. All students will learn proper dance terminology. Ballet and jazz shoes are required for participation in this class. Instructor: Just 4 Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310208-01	6/2	EFLC	3-6	S	11-11:45am	4	\$54
310208-02	7/7	EFLC	3-6	S	11-11:45am	4	\$54
310208-03	8/4	EFLC	3-6	S	11-11:45am	4	<b>\$54</b>

#### **JUST 4 FLIPS GYMNASTICS PRE-K**

Just 4 Flips Mobile Gymnastics is the place to be for all boys and girls looking to "flip-start" their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment: bars, beams, springboards, trampolines, barrel mats, parachutes, and much more! Innovative themes and age-appropriate lesson plans help discover all that gymnastics has to offer. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills for all the family to watch. Instructor: Just 4 Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310210-01	6/4	EFLC	3-6	M	5-5:45pm	4	\$54
310210-02	7/2	EFLC	3-6	M	5-5:45pm	4	\$54
310210-03	8/6	EFLC	3-6	M	5-5:45pm	4	\$54

#### **JUST 4 FLIPS BEGINNER GYMNASTICS**

If your child is interested in becoming a gymnast, this class is the perfect opportunity to learn all that gymnastics has to offer! Boys and girl are welcome to join. We incorporate the fundamentals of gymnastics, tumbling, beams, and a variety of techniques. Instructor: Just 4 Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	Ş
310215-01	6/4	EFLC	7-10	M	7-7:45pm	4	\$54
310215-02	7/2	EFLC	7-10	M	7-7:45pm	4	\$54
310215-03	8/6	EFLC	7-10	M	7-7:45pm	4	\$54

#### **UNDER THE RIM BASKETBALL**

A non-competitive basketball class, boys and girls will practice the proper methods of dribbling, shooting, and passing, with a strong emphasis on teamwork, endurance and fun. Bring an age appropriate basketball with your child's name on it. Instructor: James Albin

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	Ş
310515-01	6/9	EFLC	5-9	S	10-10:45am	4	\$35
310515-02	7/7	EFLC	5-9	S	10-10:45am	4	\$35
310515-03	8/4	EFLC	5-9	S	10-10:45am	4	\$35

## MAKING THE CUT BASKETBALL PERFORMANCE

A basketball class specifically designed to meet the needs of the player. Your son or daughter will get individual, one-on-one training to enhance their basketball skills. This class will strengthen the player's weaknesses, while enhancing their strengths. Instructor: James Albin

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	Ş
310520-01	6/9	ELFC	7-14	S	10:45-11:150	ım 4	\$42
310520-02	7/7	EFLC	7-14	S	10:45-11:150	ım 4	\$42
310520-03	8/4	EFLC	7-14	S	10:45-11:15c	ım 4	\$42

#### **TAEKWONDO-DO TIGERKUBS**

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the fundamentals of Taekwondo-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination, and flexibility. This program can help to enhance focus and concentration, build character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310130-01	5/26	EFLC	5-8	S	9-9:45am	6	\$22
310130-02	7/28	EFLC	5-8	S	9-9:45am	6	\$22

#### ICE SKATING- SKATE LIKE A 'STAR'

Learn the basics of ice skating. Skaters will learn basic forward and backward skating, swizzles, one-foot glides, and stops. Crossovers will be introduced. Skate rental included in the class. Price includes 30 minutes of instruction and free skate rental during lesson and following class, plus four additional free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME 4	#WKS	\$
311162-01	6/19	DPSC	5-13	T	6:15-6:45pm	2	\$30
311162-02	6/23	DPSC	5-13	S	10:45-11:15an	n 2	\$30
311162-03	7/14	DPSC	5-13	S	10:45-11:15an	n 2	\$30
311162-04	7/17	DPSC	5-13	T	6:15-6:45pm	2	\$30
311162-05	8/14	DPSC	5-13	T	6:15-6:45pm	2	\$30
311162-06	8/18	DPSC	5-13	T	10:45-11:15an	n 2	\$30

#### TAEKWONDO-DO BEGINNERS (Ages 9-13) (White Belt - Green Stripe)

This children specific program explores the entire range of techniques for training in the Taekwondo-Do Jungshin Program. It is designed to instill the physical and character benefits of martial arts while motivating children to achieve success. New students registering for this class must be at least 9 years of age or have completed at least one session of Tigerkubs program and been approved by the instructor before registering. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310131-01	5/22	EFLC	8-12	T	6-7:15pm	6	\$55
		EFLC		S	10-11:15am		
310131-02	7/24	EFLC	8-12	T	6-7:15pm	6	\$55
		EFLC		S	10-11:15am		

#### TAEKWON-DO ADVANCED (Green Belt - Black Belt)

This children specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin program to progress into more advanced and intricate skill development reaching their first black belt and beyond. Must have instructor approval to register. No class May 28. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310132-01	5/21	EFLC	8-12	M/TH	6-7:15pm	6	\$55
310132-02	7/23	EFLC	8-12	M/TH	6-7:15pm	6	\$55

#### **BEGINNER DRUM/PERCUSSION**

Learn the fundamentals of drumming including stick control, rudiments, playing rhythms in time, coordination between hands and feet, sight reading and sheet music. Drum pads, sticks, and sheet music with folder provided through instructor at a discount price. Instructor: Scott Pierson

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	Ş
311030-01	5/29	EFLC	5-14	T	3:45-4:30pm	4	\$82
311030-02	6/26	EFLC	5-14	T	3:45-4:30pm	4	\$82
311030-03	7/24	EFLC	5-14	T	3:45-4:30pm	4	\$82
311030-04	8/21	EFLC	5-14	T	3:45-4:30pm	4	\$82

#### **INTERMEDIATE DRUM/PERCUSSION**

If you have the skills and want to go to the next level of percussion then this is the class for you. Come and learn stick control, play rhythms at a higher level, learn to read music at an advanced level, and just have fun learning to play the drums. Drum pads, sticks, and sheet music with folder provided through instructor at a discount price. Instructor: Scott Pierson.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311035-01	5/29	EFLC	5-14	T	4:45-5:30pm	4	\$82
311035-02	6/26	EFLC	5-14	T	4:45-5:30pm	4	\$82
311035-03	7/24	EFLC	5-14	T	4:45-5:30pm	4	\$82
311035-04	8/21	EFLC	5-14	Ţ	4:45-5:30pm	4	Š82

# **★**New!! YOUNG SPARTAN BOOT CAMP

Fitness is for people of all ages!. This boot camp is designed for kids ages 8-12, consists of engaging age appropriate fitness and exercise related games and activities and encouragement on how to make healthy choices. Kids will build confidence by challenging themselves to do their best while improving their social skills during teamwork drills. The goal is to see young people begin to have a greater awareness of their health and to have fun being pro-active. Instructor: Richard Garner

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310510-01	6/6	EFLC	8-12	W	6-7pm	4	\$30
310510-02	7/11	EFLC	8-12	W	6-7pm	3	\$24
310510-03	8/1	EFLC	8-12	W	6-7pm	4	\$30

#### **★**New!! TEEN FITNESS CHALLENGE

This class is designed to encourage fitness and weight training for teens. Through fun and engaging activities teens will learn the importance of fitness, strength training, endurance, and agility. So get away from that T.V. and video games and come have some fun getting fit!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310530-01	6/5	EFLC	12-15	T/TH	1-2pm	4	\$40
310530-02	7/11	EFLC	12-15	T/TH	1-2pm	3	\$30
310530-03	7/31	EFLC	12-15	T/TH	1-2pm	4	\$40

### **ADULT/ TEEN ACTIVITIES**

#### **CARDIO DANCE JAM**

Get your heart rate up and burn calories while having fun. We will do all types of dancing in an interval style workout. Come and get your groove on! No experience required. Instructor: Kellie Grant

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310310-01	6/6	EFLC	12+	W/F	8:30-9:30am	4	\$42
310310-02	7/11	EFLC	12+	W/F	8:30-9:30am	3	\$32
310310-03	8/1	EFLC	12+	W/F	8:30-9:30am	4	\$42

#### **CARDIO DANCE AND SCULPT**

Bring your hand weights and towel! Get ready to burn calories, sweat out impurities, and define and tone through cardio moves, dance, squats, weights, step boxes, and more! Instructor: Debbie Day

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310315-01	6/4	EFLC	13 +	M/TH	6-7pm	4	\$35
310315-02	7/2	EFLC	13 +	M/TH	6-7pm	4	\$35
310315-03	8/6	EFLC .	13 +	M/TH	6-7nm	4	\$35

#### WATER AEROBICS/ WELLNESS AND WEIGHT MANAGEMENT

Increase flexibility, range of motion, lean body mass, and metabolic rate in water. Get a more beneficial workout without the stress on knees and ankles. Excellent class for weight loss and overall toning. Aquatic strength training, abdominal work and intervals included in each class. Morning classes will meet at Midway Pool and evening classes will meet at Wilshire Pool. No class July 4. For more information, call Bev at 817-649-SWIM.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	Ş
320011-01	6/1	MP	17+	M/W/F	8-8:50am	4	\$36
320011-02	6/4	WP	17+	M/W	7:30-8:20pm	4	\$34
320011-03	7/2	MP	17+	M/W/F	8-8:50am	4	\$36
320011-04	7/2	WP	17+	M/W	7:30-8:20pm	ո 4	\$34
320011-05	8/1	MP	17+	M/W/F	8-8:50am	4	\$36
320011-06	8/1	WP	17+	M/W	7:30-8:20pm	ո 4	\$34

#### **DEEP WATER DYNAMICS**

Deep-water aerobics offers you a program which improves overall aerobic fitness, cardiovascular endurance, flexibility, coordination, and promotes the development of muscle strength. Take your workout to the next level with water, power, and resistance! Deep-water exercise is at the top of the charts as far as burning calories! Flotation noodles are provided. Minimal swimming skills and water comfort are recommended (unless you prefer to do this workout in the shallower end of the pool). This class is for all fitness levels. Aquatic strength training and abdominal work are included in all classes. Classes held at South Euless Pool. For additional information, call Bev at 817-649-SWIM.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320012-01	6/5	SEP	17+	T/TH	7:30-8:20pm	4	\$34
320012-02	7/3	SEP	17+	T/TH	7:30-8:20pm	4	\$34
320012-03	8/2	SEP	17+	T/TH	7:30-8:20pm	4	\$34



# EVENING COMBO CLASS WATER AEROBICS & DEEP WATER DYNAMICS

Sign up for both evening Water Aerobics and Deep Water classes for a total body workout at a discounted price of \$60. Please call Bev if you want to attend morning Water Aerobics instead of evening. Permission must be granted before attending morning sessions. See above class for details. Classes held at Wilshire pool and South Euless Pool.

#### **30 MINUTE BODY EXPRESS**

This workout will tone all major muscle groups in just 30 short minutes! Resistance training helps strengthen muscles and increase your metabolism. This is a non-aerobic workout using hand weights to tone the whole body. Ideal for fitness levels beginner to intermediate. Bring your own weights, 3 to 10lbs depending on your fitness level, and a yoga mat to class. No class July 4. Instructor: Courtney Morrison

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310355-01	6/4	EFLC	16+	M/W	7:00-7:30pm	1 6	\$24
310355-02	7/23	EFLC	16+	M/W	7:00-7:30pm	ı 6	\$26

#### **ABS & ASSETS**

Want flat abs to show off for bikini season this year? Abs & Assets is a non-aerobic thirty minute workout specifically designed to target abdominal and gluteus muscles. Appropriate for all fitness levels. Please bring a towel and yoga mat to class. No class July 4. Instructor: Courtney Morrison

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$		
310343-01	6/4	EFLC	16+	M/W	7:35-8:05pm	6	\$24		
310343-02	7/23	EFLC	16+	M/W	7:35-8:05pm	6	\$26		
HATHA VAGA									

Hatha Yoga is an ancient discipline that uses breath, physical postures, mental focus, and relaxation to firm the body, calm the breath, soothe the mind, and refresh the outlook. Make a change in your life with yoga. Experience new increased strength, flexibility, balance, and weight loss. Please bring your own sticky mat and beach towel. Instructor: Jessica Copeland

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310330-01	6/5	EFLC	13 +	T/TH	7-8pm	3	\$36
310330-02	7/10	EFLC	13 +	T/TH	7-8pm	3	\$36
310330-03	8/7	EFLC	13 +	T/TH	7-8pm	3	\$36

#### **BOOT CAMP**

What are you waiting for then come join Euless Family Life Center Boot Camp? Whether you've been exercising and want a challenge, or you have just decided to start working out-this is the class for you. Boot Camp is a high energy, butt kicking, all level, constantly evolving workout that will burn calories, drop excess weight, and uncover the "new" you! \$42 for two days or come three days for \$62. No class Aug. 7,9, or 10. Instr: Behka Hartmann, Certified Fitness Instr.

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ı	310350-01	6/5	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
ı	310350-02	7/3	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
ı	310350-03	7/31	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62

#### **ZUMBA**

Come join the "Party" and ditch the "Workout"!! You don't have to know how to dance. Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness workout. Sign up early as spaces fill up quickly. No class July 4. Instructor Kellie Grant – Zumba Certified

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$		
310300-01	6/4	EFLC	13 +	M/W	7-8pm	4	\$42		
310300-02	7/2	EFLC	13 +	M/W	7-8pm	4	\$42		
310300-03	8/1	EFLC	13 +	M/W	7-8pm	4	\$42		

#### **ADULT ICE SKATING**

For adult skaters with little or no experience. Skaters will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and one-foot glides. Forward crossovers will be introduced. Skate rental included in the class, plus four free public skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311165-01	6/19	DPSC	14+	T	6:45-7:15pm	2	\$30
311165-02	7/17	DPSC	14+	T	6:45-7:15pm	2	\$30
311165-03	8/14	DPSC	14+	T	6:45-7:15pm	2	\$30

# TAEKWON-DO ADULT (White Belt through Black Belt)

This program is an adult-based comprehensive training system that is designed to prepare all levels of adult students to achieve their fullest potential, from the white belt to the first degree black belt (and beyond). Along with the numerous physical benefits shall be the development of the student's confidence, character, and integrity. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310134-01	5/22	EFLC	13+	T/TH	7:30-9pm	6	\$65
310134-02	7/24	EFLC	13+	T/TH	7:30-9pm	6	\$65

#### **HAPKIDO**

Hapkido, the art of coordinated power, is a comprehensive Korean self defense system involving joint locks, pressure points, throws, kicks, and strikes. Hapkido, a "soft" martial art, seeks to gain advantage over an opponent through techniques, avoiding the use of strength against strength. This class is designed for beginner through black belt and beyond. Instructor: Chad Ellerd

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310133-01	6/4	EFLC	13 +	M	7:30-9pm	4	\$25
310133-02	7/9	EFLC	13 +	M	7:30-9pm	4	\$25
310133-03	8/6	EFLC	13 +	M	7:30-9pm	4	\$25

#### YOU CAN OIL PAINT FOR ADULTS AND TEENS

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or experienced artist! Discover the fun and ease of oil painting step-by-step with the patient and expert guidance of Robert & Susan Garden, professional artists with over 30 years experience whose specialty is teaching students to complete a beautiful painting in one lesson. You'll be proud to frame and hang your masterpiece at the end of class. Learn perspective, color mixing, time saving brush strokes and composition. All supplies are provided; oil paints, palette, brushes, canvas, easel and detailed lesson plan. Wear an old T-shirt and bring paper towels to class. Themes include: Early Morning on Blue Ridge Parkway and Old Florida Lighthouse with Palm Trees. Instructor: Susan Rogers

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310810-01	6/21	EFLC	14+	TH	6-9pm	1	\$37
310810-02	8/2	EFLC	14+	TH	6-9pm	1	\$37

#### **DIGITAL PHOTOGRAPHY**

Can't figure out that new digital camera? Always wanted to learn how to take pictures without looking through the lens? Come learn new ways to take photographs and impress yourself. Photography fundamentals will be covered such as sunlight, angles, and black/white photos. Participants need to bring their own personal digital camera and any other equipment needed for taking pictures. Instructor: Tim Lane

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310830-01	6/4	EFLC	16+	M	6:30-8pm	2	\$42
310830-02	6/18	EFLC	16+	M	6:30-8pm	2	\$42
310830-03	7/16	EFLC	16+	M	6:30-8pm	2	\$42
310830-04	7/30	EFLC	16+	M	6:30-8pm	2	\$42
310830-05	8/13	EFLC	16+	M	6:30-8pm	2	\$42

#### **TAI CHI BEGINNERS**

Tai Chi Chuan combines aerobic activity, circulation, breathing, and stretching techniques to help all fitness levels find internal balance while doing a weight bearing, low-impact workout. Wear loose clothing and flat shoes. This class repeats monthly. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	Ş
310305-01	6/5	EFLC	18+	T	6-7pm	4	\$40
310305-02	7/10	EFLC	18+	T	6-7pm	4	\$40
310305-03	8/7	EFLC	18+	T	6-7pm	4	\$40

### TAI CHI ADVANCED

Tai Chi is proven to restore energy, strength and endurance, develop grace and balance, resulting in relaxation and suppleness. Returning students learn additional moves and continue the study of Yang form introduced in the beginner course. Chi-Kung exercises and two-person drills will be introduced. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310306-01	6/5	EFLC	16+	T	7-8pm	4	\$40
310306-02	7/10	EFLC	16+	T	7-8pm	4	\$40
310306-03	8/7	EFLC	16+	T	7-8pm	4	\$40

# ROLL IT, TAKE IT, LEAVE IT, MOVE IT: KNOW YOUR EMPLOYER RETIREMENT PLAN OPTIONS

Suitable for: working investors, job changers, workers facing layoffs and recent retires. If you recently switched jobs, retired, or are facing unemployment due to a layoff or downsizing, this seminar can help you determine what to do with the assets in your company-sponsored retirement savings plan. We'll help you evaluate your retirement goals and potential investment strategies, and then we'll discuss the pros and cons of your options. This seminar is taught by Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311002-01	6/5	EFLC	18+	T	6-7pm	1	FREE
311002-02	7/17	EFLC	18+	T	6-7pm	1	FREE
311002-03	8/16	EFLC	18+	TH	6-7pm	1	FREE

#### **FOUNDATIONS OF INVESTING**

This 50 minute seminar covers the key features of bonds, stocks, and mutual funds, as well as the importance of proper asset allocation. This seminar is tauaht by Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311003-01	6/28	EFLC	18+	TH	10-10:50am	1	FREE
311003-02	7/17	EFLC	18+	T	6-6:50pm	1	FREE
311003-03	8/7	EFLC	18+	T	10-10:50am	1	FREE

### **HOW TO FEEL HAPPIER**

This class is taught by professional counselor and life coach Kelly Leas, MS Ed Psych, describes the basic steps to practice feeling happier every day. Learning to recognize and change one's thoughts and reactions to situations can ease stress, increase life satisfaction, and help accomplish what we want in life.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311050-01	6/19	EFLC	14+	T	1-2:30pm	1	\$20
311050-02	6/26	EFLC	14+	T	1-2:30pm	1	\$20
311050-03	7/17	EFLC	14+	T	1-2:30pm	1	\$20
311050-04	7/24	EFLC	14+	T	1-2:30pm	1	\$20
311050-05	7/31	EFLC	14+	T	1-2:30pm	1	<b>\$20</b>

#### **AMERICAN RED CROSS PET CPR & FIRST AID**

Pet CPR and First Aid is a course designed to give pet lovers and professionals the necessary information and skills to stabilize an injured or unwell animal until qualified veterinarian care is accessed. Instructor: Cynthia Arceneaux

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CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311001-01	6/7	EFLC	16+	TH	6-8pm	1	\$28
311001-02	6/9	EFLC	16+	S	10am-12pm	1	\$28
311001-03	6/13	EFLC	16+	W	10am-12pm	1	\$28
311001-04	6/15	EFLC	16+	F	1-3pm	1	\$28
311001-05	6/27	EFLC	16+	W	10am-12pm	1	\$28

311001-06	7/9	EFLC	16+	M	1-3pm	1	\$28
311001-07	7/11	EFLC	16+	W	6-8pm	1	\$28
311001-08	7/18	EFLC	16+	W	10am-12pm	1	\$28
311001-09	7/25	EFLC	16+	W	10am-12pm	1	\$28
311001-10	8/6	EFLC	16+	M	1-3pm	1	\$28
311001-11	8/11	EFLC	16+	S	10am-12pm	1	\$28
311001-12	8/25	EFLC	16+	S	10am-12pm	1	<b>Š28</b>

#### **★**New!! ATHLETIC DEVELOPMENT COURSE

This course is designed to build well rounded athletes. All major components of fitness will be addressed including but not limited to: strength, speed, endurance, flexibility, coordination, and agility. Whether you're an experienced athlete or a weekend warrior, this course will help you achieve new plains of athleticism. This course incorporates weightlifting, agility drills, plyometrics, and gymnastics. Please note that this course requires clearance from a physician. If you have any prior medical conditions then it is your responsibility to bring guidelines for your program from your physician. Class will meet outside on the baseball fields west of the Euless Family Life Center or park area north of Euless Family Life Center. Instructor: Sean West

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310301-01	6/4	EFLC	16+	M-F	6:15-7:15am	4	\$100
310301-02	6/4	EFLC	16+	M-F	6:30-7:30pm	4	\$100
310301-03	7/9	EFLC	16+	M-F	6:15-7:15am	3	\$80
310301-04	7/9	EFLC	16+	M-F	6:30-7:30pm	3	\$80
310301-05	7/30	EFLC	16+	M-F	6:15-7:15am	4	\$100
310301-06	7/30	EFLC	16+	M-F	6:30-7:30pm	4	\$100

#### **★**New!! INTRODUCTION TO WEIGHT LIFTING

If you think weight lifting is only for bulking up or for muscle heads then this class is for you, because weight training is for everyone. Resistance training is one of the best ways to improve strength, appearance, aerobic capacity, attitude and athleticism. This course is designed to teach you the basics of weight training as well as dispel many of the myths concerning resistance training. Class will meet in the Euless Family Life Fitness Center. Instructor: Sean West

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310320-01	6/4	EFLC	16+	M/W	10-11am	4	\$40
310320-02	7/9	EFLC	16+	M/W	10-11am	3	\$30
310320-03	7/30	EFLC	16+	M/W	10-11am	4	\$40

#### **★**New!! BODY BLITZ FOR STAY AT HOME MOMS

This is a full body blitz class designed for the stay at home mom! The best way to tone up, burn fat and improve appearance isn't hours on treadmill, the answer is resistance training. Come check out this new and exciting class!! Instructor: Sean West

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	Ş
310335-01	6/5	EFLC	16+	T/TH	10-11am	4	\$60
310335-02	7/10	EFLC	16+	T/TH	10-11am	4	\$50
310335-03	7/31	EFLC	16+	T/TH	10-11am	4	\$60

#### **★**New!! URBAN BOOT CAMP

Urban Boot Camp is a fun and challenging military inspired outdoor workout using basic movements and high intensity. You will be encouraged to push yourself in an environment that builds your strength and endurance. The best tool for consistency is accountability, so bring a workout buddy, a mat, a set of appropriate dumbbells, and water! Monday and Wednesday class meets 5:30-6:30am and the Saturday class meets 7:30-8:30am.

Instructor: Richard Garner

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310340-01	6/4	SIM	16+	M/W/S	5:30-6:30am	ո 4	\$65
310340-02	7/9	SIM	16+	M/W/S	5:30-6:30am	1 3	\$55
310340-03	7/30	SIM	16+	M/W/S	5:30-6:30am	1 4	\$



#### **SUMMER CAMPS**

#### LITTLE TYKES ADVENTURE CAMP

Come, have fun, and enjoy an adventure as we explore some hands on theme based activities. Each week will be filled with arts, crafts, music, games, and plenty of imagination. So join us for an amazing ride. Participants may sign up weekly or for an entire summer. Instructor: Yolanda Scheimann

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CLASS# BEG	LOC	AGE	DAY	TIME	#WKS	\$	
311110-01 6/4	EFLC	5-6	M-TH	9am-2pm	1	\$77	
Under the Sea							
311110-02 6/11	EFLC	5-6	M-TH	9am-2pm	1	\$77	
A Bugs World							
311110-03 6/18	EFLC	5-6	M-TH	9am-2pm	1	\$77	
Dinosaurs							
311110-04 6/25	EFLC	5-6	M-TH	9am-2pm	1	\$77	
Out of This World							
311110-05 7/9	EFLC	5-6	M-TH	9am-2pn	1	\$77	
Down on the Farm							
311110-06 7/16	EFLC	5-6	M-TH	9am-2pm	1	\$77	
Mighty Jungle							
311110-07 7/23	EFLC	5-6	M-TH	9am-2pm	1	\$77	
Explorations							
311110-08 7/30	EFLC	5-6	M-TH	9am-2pm	1	\$77	
Olympics							

#### **SUMMER ADVENTURE CAMP**

Weekly day camp features field trips, swimming, sports, art & crafts, team building, and more. Campers should bring their own lunch, snacks, water bottle, change of clothes, swimsuit, towel, and sunscreen in a back pack everyday. Price includes fieldtrips, transportation to and from, and one camp T-shirt. You may sign your child up for the entire summer or just a week! All field trips will be announced the week prior. New Seat Belt Law: In accordance with Texas Law, starting June 1, 2010, any child under the age of 8 who is shorter than 4'9" will be required to bring a booster seat on the days of the field trips. If a child does not meet these requirements, they will forfeit their field trip for that day. Parents should bring in their personal booster seat when they sign their child in for the day. Euless Parks and Community Services department will not provide any booster seats.

Cost: \$10 non-refundable, non-transferable deposit per week per participant. Sibling discount of \$5 off the total price for each additional child you have enrolled for the same week! Deposits will not be discounted. After registration you will be given a payment schedule to follow for the summer. Each week of camp will \$75 be thereafter. (Week One and Six are \$65).

Registration: For Euless Residents-May 5th at 7a.m. at the Euless Family Senior Center located at 300 W. Midway on the east side of the building. Proof of residency is required(photo ID and current water bill) Non-Residents-May 8 at 8 a.m. at the Euless Family Life Center located at 300 W. Midway. You must pay \$10 non-refundable, non-transferrable deposit per week per participant at time of registration. Registration will remain open until weeks are filled at which time your child can be placed on a waiting list at no charge. A registration packet will be available on line at www.eulesstx.gov/pacs on April 30.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311111-01	5/29	EFLC	6-11	T-F	7:30am-6pm	1	\$75
311111-02	6/4	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-03	6/11	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-04	6/18	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-05	6/25	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-06	7/2	EFLC	6-11	M-F	7:30am-6pm	1	\$75
(no camp 7/	4)						
311111-07	7/9	EFLC	6-11	M-F	7:30am-6pm	1	\$85
3111111-08	7/16	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-09	7/23	EFLC	6-11	M-F	7:30am-6pm	1	\$85

311111-10	7/30	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-11	8/6	EFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-12	8/13	EFLC	6-11	M-F	7:30am-6pm	1	\$85

#### TEEN L.I.F.E.

Weekly day camp that stresses Leadership, Integrity, Friendship, and Empowerment. Activities will focus on teamwork, responsibility, and community service. This newly revised program will include exciting field trips, and participation in our Parks initiative. Spaces are limited. Timeline for registration is the same as Summer Adventure Camp. Cost includes a \$10 non-refundable, non-transferable deposit per week per participant. Each week of camp will be \$65 thereafter. (Week one & six \$55).

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CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311112-01	5/29	EFLC	12-14	T-F	7:30am-6pm	1	\$65
311112-02	6/4	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-03	6/11	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-04	6/18	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-05	6/25	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-06	7/2	EFLC	12-14	M-F	7:30am-6pm	1	\$65
(No Camp J	uly 4)						
311112-07	7/19	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-08	7/16	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-09	7/23	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-10	7/30	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-11	8/6	EFLC	12-14	M-F	7:30am-6pm	1	\$75
311112-12	8/13	EFLC	12-14	M-F	7:30am-6pm	1	\$75

#### **SIMMONS MULTI-ADVENTURE CAMP**

Come be a part of the NEW Summer Camp offered by the City of Euless, this camp will give the camper an opportunity to experience a resident camp environment with day camp hours. We will be engaging in team building activities, learning leadership qualities, and enjoying outdoor activities. Like a resident camp, the activities will be nature based with an emphasis on having fun. Each week will have a theme, and the activities planned will follow this theme. Some of the themes that will be used are: Ultimate Survivor, Fun and Fitness, Amazing Race, and Wacky Water Week. This camp is designed for the child who loves to explore new adventures, work to achieve goals with a team, and have fun in the great outdoors. There will be no field trips for this camp, but we will bring the field trip to the campers, and there will specialty activities planned every Friday. For example GaminRide, Bounce Houses, and Water Slides. This camp will meet at Simmons Recreation Building which is located at 508 Simmons, Euless, 76040. Please bring two snacks, water bottle, and lunch to camp each day. Each camper will receive one camp shirt and each camper must wear tennis shoes to camp every day (no sandals, flip flops, or crocs).

The campers will be transported from camp to the South Euless swimming pool twice a week to swim. Please bring swim suit, sun block, and any other items needed for swimming on the designated days. The campers will ride in the City of Euless vans to and from the pools.

Cost: \$10 non-refundable, non-transferable deposit per week per participant. Sibling discount of \$5 off the total price for each additional child you have enrolled for the same week! Deposits will not be discounted. After registration you will be given a payment schedule to follow for the summer. Each week of camp will \$75 thereafter. (Week One and Six are \$65).

Registration: For Euless Residents-May 5th at 7a.m. at the Euless Family Senior Center located at 300 W. Midway on the east side of the building. Proof of residency is required(photo ID and current water bill) Non-Residents-May 8 at 8 a.m. at the Euless Family Life Center located 300 W. Midway. You must pay \$10 non-refundable, non-transferrable deposit per week per participant at time of registration. Registration will remain open until weeks are filled at which

time your child can be placed on a waiting list at no charge. A registration packet will be available on line at www.eulesstx.gov/pacs on April 30.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311130-01	5/29	SIM	6-11	T-F	7:30am-6pm	1	\$75
311130-02	6/4	SIM	6-11	M-F	7:30am-6pm	1	\$85
311130-03	6/11	SIM	6-11	M-F	7:30am-6pm	1	\$85
311130-04	6/18	SIM	6-11	M-F	7:30am-6pm	1	\$85
311130-05	6/25	SIM	6-11	M-F	7:30am-6pm	1	\$85
311130-06	7/2	SIM	6-11	M-F	7:30am-6pm	1	\$75
(No Camp J	uly 4)						
311130-07	7/9	SIM	6-11	M-F	7:30am-6pm	1	\$85
311130-08	7/16	SIM	6-11	M-F	7:30am-6pm	1	\$85
311130-09	7/23	SIM	6-11	M-F	7:30am-6pm	1	\$85
311130-10	7/30	SIM	6-11	M-F	7:30am-6pm	1	\$85
311130-11	8/6	SIM	6-11	M-F	7:30am-6pm	1	\$85
3111130-12	8/13	SIM	6-11	M-F	7:30am-6pm	1	\$85

#### **BEGINNERS SOCCER CAMP**

In this non-competitive camp, boys and girls will practice kicking, passing, and shooting. Participants should bring shin guards and a soccer ball. No cleats! This class will meet at Bob Eden Park.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311120-01	6/4	BEP	5-9	M-TH	9-10:30am	1	Š60

#### **TENNIS CAMP**

Participants will learn fundamentals of tennis including forehands, backhands, and the mechanics of serving. Participants will get in groups to work on skills, games, and strategies to improve their game. Please bring a water bottle; 1 can of tennis balls, and a tennis racquet to camp. This class meets at Bob Eden Park's tennis courts.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311125-01	6/11	BEP	6-11	M-TH	9-10:30am	1	Š50

#### JUNIOR LIFE GUARD CAMP

This training program teaches aspiring lifeguards the fundamentals of the job to give them and up-close look at the in the life of a guard. Participants will receive training on water safety, rescue techniques, injury prevention and CPR. On the last day of camp, campers will attend a weekly lifeguard in-service training where lunch will be provided Campers will also receive free pool admission for the entire week. Participants must bring a snack/drink, towel, and wear a one piece bathing suit every day.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320007-01	6/18	WP	11-15	M-F	10am-1pm	1	\$55

#### **ADVENTURES IN ART CAMP**

In this four-day art camp, your child will complete eight different works of art, using five different mediums that you'll be proud to frame and display! Your young Monet will paint with oils, watercolors, and acrylics and draw with charcoals and oil pastels. Individualized instruction by a professional artist will give your child the fundamentals of creativity in a fun and easy approach with truly amazing results. All art supplies are provided. Bring a roll of paper towels and wear an old shirt. Instructor: Susan Garden

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311155-01	7/30	ELFC	7-10	M-TH	9-11:45am	1	\$120

#### **PRINCESS CAMP**

Does the little girl in your life love to play dress up, does she love to watch princess movies, or always pretend to be a princess? This camp is perfect for that little princess. We will play dress up, make arts & crafts, paint nails, and have tea parties. Each princess will receive an official princess certificate and tiara at the camp closing ceremonies.

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CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311160-01	6/25	EFLC	4-7	M-TH	9-10:30am	1	Š40

#### **NOTHIN' BUT NET BASKETBALL CAMP**

A competitive basketball camp that will let participants learn and practice basic, intermediate, and advanced techniques of basketball, including dribbling, passing, and shooting. Participants will also learn proper defensive techniques, rebounding skills, and offensive plays. The camp will end with a final game to let participants show off their newly learned skills.

CLASS#	BEG	LOC	AGE	DAY	TIME #W	KS \$
311180-01	6/18	EFLC	7-14	M-F	10am-12pm 1	\$75
311180-02	7/9	EFLC	7-14	M-F	10am-12pm 1	\$75
311180-03	8/6	EFLC	7-14	M-F	10am-12pm 1	\$75

#### **JUST 4 FLIPS CHEERLEADING SUMMER CAMP**

Come learn what it takes to be a cheerleader at the Just 4 Flips Spring Break Cheer Camp. Come learn cheerleading basics in a camp atmosphere. Come work with certified cheer coaches and have an awesome time over Summer Break!! Pompoms included. Instructor: Just 4 Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311210-01	6/18	EFLC	4-8	M-F	12:30-1:3	Opm 1	\$74
311210-02	7/9	EFLC	4-8	M-F	12:30-1:3	Opm 1	\$74
311210-03	8/6	EFLC	4-8	M-F	12:30-1:3	Opm 1	\$74

#### **JUST 4 FLIPS GYMNASTICS SUMMER CAMP**

Come enjoy the summer with Just 4 Flips Gymnastics Camp. Your child will learn the basics of gymnastics while in a fun camp atmosphere. All equipment will be provided. Dress comfortably and be ready to have a blast!! Instructor: Just 4 Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311150-01	6/18	EFLC	3-6	M-F	11:30am-12:30	pm 1	\$67
311150-02	7/9	EFLC	3-6	M-F	11:30am-12:30	pm 1	\$67
311150-03	8/6	EFLC	3-6	M-F	11:30am-12:30	pm 1	\$67

#### **BUG ME! BY ABRAKADOODLE**

You are being bugged! This Creepy Crawlers Camp is all about bugs, reptiles, nighttime adventures, and the teeny tiny world of insects. We'll create bug habitats, design mazes, and participate in creepy crawler races while learning about bug and reptile characteristics. Join Abrakadoodle. "the best art class to bring out your child's inner Picasso" for this buggy camp filled with insect art, miniworlds, and creative learning experiences! A \$75 supply fee is due the first day of class. (Checks should be payable to Abrakadoodle).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311114-01	7/30	EFLC	6-12	M-F	9am-12pm	1	\$85
311114-02	8/6	EFLC	3-6	M-F	9am-12pm	1	\$85

#### **FLAG FOOTBALL CAMP**

Come learn the fundamentals of flag football in this fun energetic camp. The camp will emphasize passing, receiving, defensive techniques, and special teams. The last day of camp, participants will be broken into teams for a morning of seven on seven games. Participants need to wear athletic clothing, bring sunscreen, and a water bottle. No cleats! Class will meet on the baseball field west of the Euless Family Life Center.

CLA	122#	REG	LOC	AGE	DAY	IIWF	#WK2	\$
311	200-01	7/16	MP#3	7-12	M-TH	9-10:30am	1	\$50

#### **ACTIVE KIDS CAMP**

Want to get your child moving this summer? This is the perfect camp for you. Each day will have a different activity, starting with kids boot camp, then cardio dance, followed by kids yoga, and concluding with muscle confusion. Also, your child will learn the importance of nutrition, how to make health snacks, and what to order at fast food restaurants. Instructor: Debbie Day

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311113-01	7/23	EFLC	8-12	M-TH	1-3pm	1	\$70

# Not sure which level your child should be in? Let our professional swim instructors ensure proper class enrollment. Join us for a complimentary evaluation on Sat., May 26 from 10 am-noon at the Midway Pool!

## **H<sub>2</sub>OPE PROGRAM**

H<sub>2</sub>OPE is a community outreach aquatic fitness program for children with special needs. H<sub>2</sub>OPE provides an alternative recreational activity to help meet physical, cognitive, and psychosocial needs emphasizing fun, safety, and non-competitive and successful experiences. This is a grant-funded program with no cost to the caregiver. Class meets on Saturdays. For more information, please call Bev at 817-649-SWIM.

#### **AMERICAN RED CROSS - LIFEGUARD**

Are you 15 or older and looking for a great summer job or challenging career? Through classroom learning and hands on practice you will learn: surveillance skills to help you recognize and prevent injuries, rescue skills, First Aid and professional rescuer CPR training. This class will cover professional lifeguarding responsibilities like interacting with the public and addressing uncooperative patrons. Participants must register at least 7 days prior. Bring a sack lunch, towels, bathing suit, sweatshirt, and change of clothes to class. Spaces are limited and priority will be given to participants who will be working for the City of Euless. Participants must attend every day and pass a swimming pretest on the first day in order to continue. Absolutely no refunds will be given after class supplies have been purchased for participants.

CLASS #	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320005-01	5/5	EFLC	15+	F	6-9pm	2	\$100
				S/SU	8am-4p	m	

	SWI	MMING POOL HO	URS
<b>South Euless Pool</b> 600 S. Main St. 817-685-1677 May 26 - August 5	Midway Pool 300 W. Midway Dr. 817-685-1676 May 24-August 26 September 1- 3	Wilshire Pool 300 Sierra Dr. 817-685-1678 May 26 - August 5	Splash Island at S. Euless Park 600 S. Main St. May 1- September 30
MWF 1-8 pm	M-S 1-8 pm	MWF 1-5 pm	M-S 9 am - 8 pm
T/TH 1-5 pm		T/TH 1-8 pm	
Saturday 1-6 pm		Saturday 1-6 pm	
Sunday 2-6 pm	Sunday 2-6 pm	Sunday 2-6 pm	Sunday Noon - 6 pm

#### SPECIAL DAZE AT THE POOL

Father's Day (June 17) – No admission for dads!

Fourth of July - Fresh slices of watermelon for patrons (while supplies last). All pools will close at 6 p.m.

#### **SWIMMING POOL RESERVATIONS**

#### South Euless & Wilshire Pools:

Saturdays 10:30 a.m. to 12:30 p.m. or 6:30 p.m. to 8:30 p.m. Sundays 10:30 a.m. to 12:30 p.m. or 6:30 p.m. to 8:30 p.m.

#### Midway Pool:

Saturdays 10:30 a.m. to 12:30 p.m. (not available 6:30 p.m. to 8:30 p.m.) Sundays 10:30 a.m. to 12:30 p.m. or 6:30 p.m. to 8:30 p.m.

- Residents: \$70 (2-hour rental)
- Non-Residents: \$150 (2-hour rental)
- Extra pool lifeguard: \$20.00 per lifeguard per rental\*
- Fee is for rentals with more than 50 swimmers. One lifeguard is required for every additional 25 swimmers.
- Reservations can be made up to two month in advance but no less than two weeks prior to rental date.
- Proof of residency and full payment is required to book reservations.



Call Heidi Taylor at (817) 685-1681 or htaylor@eulesstx.gov to make reservations.



#### **AMERICAN RED CROSS SWIM LESSONS**

American Red Cross instructors teach aquatic and safety skills in a logical progression. All level courses are 35 minutes. Swim lessons are for ages four and up; Water Tots is for children age 1 through 4. In case of inclement weather, we will hold a Safety Class inside the Euless Family Life Center. No class on July 4. Classes are held at Midway Pool, Wilshire Pool, and South Euless Pool. For more information, call 817-685-1666. For your convenience, you may register online at www.eulesstx.gov or in person at the Euless Family Life Center.

#### **LEVEL 1: Introduction to Water Skills**

Purpose: Help students feel comfortable in the water.

- \*Basic water safety rules
- \*Submerging mouth, nose and eyes
- \*Opening eyes underwater and picking up submerged object
- \* Supported swimming on front and back using arm and leg actions
- \*Recognizing a swimmer in distress and getting help
- \*Exhaling underwater
- \*Floating on front and back with support

#### **LEVEL 2: Fundamental Aquatic Skills**

Purpose: Give students success with fundamental skills.

- \*Submerging entire head
- \*Front and back glide without support
- \*Recognizing a swimmer in distress and getting help
- \*Bobbing in water
- \*Jellyfish float
- \*Swimming using combined stroke on front and back for five feet

#### **LEVEL 3: Stroke Development**

Purpose: Build on the skills in level 2 by providing additional guided practice and increasing distance.

- \*Reaching assist
- \*Submerging and retrieving an object
- \*Front and back glide two body lengths
- \*Front and back crawl two body lengths
- \*Front crawl using combined arm and leg motion for 15 yards
- \*Back crawl using combined arm and leg motion for 10 yards
- \*Kneeling or standing dive (shallow dive progression)
- \*Rotary breathing in horizontal position
- \*Survival float, back float
- \*Treading water using arm and leg motions

#### LEVEL 4: Strokes and Turns and Level 5: Stroke Proficiency

All key elements for the competitive swimmer. Our coaches will break down the basics for you and work with you in endurance, stroke refinement and proficiency. All level 4 and above will benefit from this unique class

LEVEL 1							
CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320001-01	6/4	MP	4+	M-TH	9-9:35am	2	\$50
320001-02	6/4	MP	4+	M-TH	9:45-10:20am	2	\$50
320001-03	6/4	MP	4+	M-TH	10:30-11:05am	2	\$50
320001-04	6/4	WP	4+	MWF	5:45-6:20pm	3	\$50
320001-05	6/4	WP	4+	MWF	6:30-7:05pm	3	\$50
320001-06	6/18	MP	4+	M-TH	9:00-9:35am	2	\$50
320001-07	6/18	MP	4+	M-TH	9:45-10:20am	2	\$50
320001-08	6/18	MP	4+	M-TH	10:30-11:05am	2	\$50
320001-09	6/25	WP	4+	MWF	5:45-6:20pm	3	\$50
320001-10	6/25	WP	4+	MWF	6:30-7:05pm	3	\$50
320001-11	7/9	MP	4+	M-TH	9:00-9:35am	2	\$50
320001-12	7/9	MP	4+	M-TH	9:45-10:20am	2	\$50
320001-13	7/9	MP	4+	M-TH	10:30-11:05am	2	\$50
320001-14	7/16	WP	4+	MWF	5:45-6:20pm	3	\$50
320001-15	7/16	WP	4+	MWF	6:30-7:05pm	3	\$50
LEVEL 2	77.0	***	• •	7****	0.00 7.00pm	Ü	ΨΟΟ
CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320002-01	6/4	MP	4+	M-TH	9:45-10:20am	2	\$50
320002-02	6/4	MP	4+	M-TH	10:30-11:05am	2	\$50
220002-03	6/4	WP	4+	MWF	5:45-6:20pm	3	\$50
320002-04	6/4	WP	4+	MWF	6:30-7:05pm	3	\$50
320002-05	6/18	MP	4+	M-TH	9:00-9:35am	2	\$50
320002-06	6/18	MP	4+	M-TH	10:30-11:05am	2	\$50
320002-07	6/25	WP	4+	MWF	5:45-6:20pm	3	\$50
320002-08	6/25	WP	4+	MWF	6:30-7:05pm	3	\$50
320002-09	7/9	MP	4+	M-TH	9:00-9:35am	2	\$50
320002-10	7/9	MP	4+	M-TH	9:45-10:20am	2	\$50
320002-11	7/9	MP	4+	M-TH	10:30-11:05am	2	\$50
320002-12	7/16	WP	4+	MWF	5:45-6:20pm	3	\$50
320002-13	7/16	WP	4+	MWF	6:30-7:05pm	3	\$50
LEVEL 3	77.0	***	• •	7****	0.00 7.00pm	Ü	ΨΟΟ
CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320003-01	6/4	MP	4+	M-TH	10:30-11:05am	2	\$50
320003-02	6/4	WP	4+	MWF	6:30-7:05pm	3	\$50
320003-03	6/18	MP	4+	M-TH	10:30-11:05am	2	\$50
320003-04	6/25	WP	4+	MWF	6:30-7:05pm	3	\$50
320003-05	7/9	MP	4+	M-TH	9:45-10:20am	2	\$50
320003-06	7/16	WP	4+	MWF	5:45-6:20pm	3	\$50
LEVEL 4 – Strok	es/Turns	AND LE	VEL 5-St	roke Pro	ficiency		
CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320004-01	6/4	MP	4+	M-TH	9:00-9:45am	2	\$50
320004-02	6/4	WP	4+	MWF	6:30-7:05pm	3	\$50
320004-03	6/18	MP	4+	M-TH	9:45-10:20am	2	\$50
320004-04	6/25	WP	4+	MWF	5:45-6:20pm	3	\$50
320004-05	7/9	MP	4+	M-TH	10:30-11:05am	2	\$50
20000101	7/1/	14/D	4 .	A 43 A / E	/ 00 7 05	^	<b>↑ – ~</b>

# WATER TOTS (Age 1-3 years)

7/16

WP

320004-06

Children are introduced to the water in a way most comforting to them. Parents must join the child in the pool. Children will be required to wear a swim diaper if not potty trained. Actual water time is 30 minutes. Instructor: Different Strokes Swim School, American Red Cross Certified

**MWF** 

6:30-7:05pm

3

\$50

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	Ş
320000-01	6/4	MP	1-3	M-TH	9-9:35am	2	\$50
320000-02	6/5	SEP	1-3	T/TH	5:30-6:05pm	4	\$50
320000-03	6/5	SEP	1-3	T/TH	6:10-6:45pm	4	\$50
320000-04	6/5	SEP	1-3	T/TH	6:50-7:25pm	4	\$50
320000-05	6/18	MP	1-3	M-TH	9-9:35am	2	\$50
320000-06	7/10	SEP	1-3	T/TH	5:30-6:05pm	4	\$50
320000-07	7/10	SEP	1-3	T/TH	6:10-6:45pm	4	\$50
320000-08	7/10	SEP	1-3	T/TH	6:50-7:25pm	4	\$50

#### **PRIVATE SWIMMING LESSONS**

Private lessons are available for you and /or your children. You will receive concentrated instruction that will be tailored to your specific goals. Receive six 30-minute classes for \$250; semi private also available for \$140. Private lessons are available at various times. Please call Bev at 817-649-SWIM for additional information.





# **Euless Family Life Senior Center** 300 West Midway Drive, Euless, Texas 76039

Front Counter - 817-685-1671

Diane Eggers, Senior Center Supervisor, 817-685-1670 Blake Cloud, Senior Center Activity Programmer, 817-685-1871

Mon.-Tues.-Wed.-Fri. 6:30 a.m. - 4 p.m. / Thurs. 6:30 a.m. - 9 p.m.

#### **ONGOING ACTIVITES**

Dominoes, 42, 84, Shuffleboard, Pool, Hand & Foot, Spades, Chicken Foot everyday! \*Registration is required for all activities ONE WEEK in advance. Must be a member of EFLSC and 60+ to participate.

MonTuesWedThurs.	11:40 a.m.	\$2 Lunch*	
Monday	9:00 a.m.	Fit Start Exercise	
1st Monday	9:30 a.m.	Blood Pressure &	
•		Blood Sugar Check	
Monday	12:00 p.m.	Texas Hold Em'	
•	12:30 p.m.	Crochet	
Tuesday	10:30 a.m.	Tai Chi	
Tues. & Fri.	9:00 a.m.	Floor Aerobics	
Tues. & Thurs.	10:30 a.m.	Duplicate Bridge	
Wednesdays	9:00 a.m	Yoga	
•	10:00 a.m.	Quilting Group	
	10:00 a.m.	Mahjong	
	12:00 p.m.	Party Bridge	
	1:00 p.m.	*Decorative Painting	\$5
Thursday	9:30 a.m.	Card Making	
•		(Must provide your own	supplies.)
	10:00 a.m.	*Oil Painting	\$20/monthly
	1:30 p.m.	Country Jammers	•
3rd Thursday	6 - 8:30 p.m.	Senior Dances	\$5
1st Friday	11:30 a.m.	*\$2 Hamburgers	
2nd Friday	10:00 a.m.	White Elephant Bingo	
•	11:30 a.m.	*Lunch	
3rd Friday	11:30 a.m.	*\$2 Hot Dog	
4th Friday	9:00 a.m.	*\$2 Breakfast	

#### **MONTHLY ACTIVITIES**

\*Registration required for all activities ONE WEEK in advance. Must be a member of EFLSC and 60+ years of age to participate.

Aprii			
6	Open (City Holiday)		8:00 a.m 12:00 p.m.
10	*Senior Living Facility Requirements		10:00 a.m.
13	*AARP FREE Income Tax Prep		9:00 a.m.
	*AARP Mature Driving Class		9:00 a.m.
	\$12 AARP member-\$14 non-members		
	White Elephant Bingo		10:00 a.m.
	*Pizza & Śalad	\$2	11:30 a.m.
16	*Dining Out Group		5:00 p.m.
19	Senior Dance	\$5	6:00 p.m.
20	*Texas Motor Speedway &	\$6	8:30 a.m.
	Bureau of Engraving & Printing		
	*Hot Dog Lunch	\$2	11:30 a.m.
27	*Breakfast	\$2	9:00 a.m.
	*Wii Bowling Tournament		9:30 a.m.
28-29	Arbor Daze		

May —			
3	*Balance Screening		9:30 a.m.
4	*Hamburger Lunch	\$2	11:30 a.m.
7	"Guy Trip" to Bass Pro Shop	Ψ2	9 a.m.
8	*US Postal Inspection Email Fraud Seminar		10:00 a.m.
11	White Elephant Bingo		10:00 a.m.
	*Mother's Day Lunch		11:30 a.m.
17	*Texas Ranger Baseball Game	\$21	11:30 a.m.
	Senior Dance	\$5	6:00 p.m.
18	*Hot Dog Lunch	\$2	11:30 a.m.
25	*Breakfast	\$2	9:00 a.m.
	*Shuffleboard Tournament		9:30 a.m.
	*DFW National Cemetary		1:00 p.m.
28	Closed for Memorial Day		
June ——			
	*Root Beer Floats Wednesdays	.50	1:00 p.m.
1	*Hamburger Lunch	\$2	11:30 a.m.
3	*Senior Water Aerobic Tues. –Thurs.	\$25	8 a.m.
	(June 3- August 9-Must be a member of the		
	Last day to register May 29. Class size limite	•	
8	*Dr. Pepper Museum Waco	\$5	9:00 a.m.
8	White Elephant Bingo		10:00 a.m.
1.5	*Potluck	¢0	11:30 a.m.
15	*Fathers' Day Hot Dog Lunch	\$2	11:30 a.m.
21	All Dad's eat Free-Must register one week in Senior Dance	\$5	6:00 p.m.
22	*Breakfast	\$2	9:00 a.m.
29	*Galleria Mall	Ψ2	9:30 a.m.
July ——			
4	Root Beer Floats Wednesdays Closed	.50	1:00 p.m.
6	*Hamburger Lunch	\$2	11:30 a.m.
9	Taking Action on Alzheimer's Seminar	ΨΖ	10:00 a.m.
13	White Elephant Bingo		10:00 a.m.
	*Potluck		11:30 a.m.
16	Disaster Preparedness Seminar		10:00 a.m.
	Sponsored by Tarrant County Public Health	Department	
19	Senior Dance	\$5	6:00 p.m.
20	*Hot Dog Lunch	\$2	11:30 a.m.
27	*Breakfast	\$2	9:00 a.m.
Also coming in dates to be a	in July: American Airline Center Tour & Fort W	orth Museum o	of Science & History
	moonea.		
August —	Root Beer Floats Wednesdays	.50	1:00 p.m.
3	*Hamburger Lunch	\$2	11:30 a.m.
10	White Elephant Bingo		10:00 a.m.
	*Potluck	\$2	11:30 a.m.
16	Senior Dance	\$5	6:00 a.m.
17	*Hot Dog Lunch-Watermelon	\$2	11:30 a.m.
24	*Breakfast	\$2	9:00 a.m.
31	*Homemade Ice Cream	\$2	1:00 p.m.



# **INDOOR FACILITY RENTAL INFORMATION**





817-685-1649

817-685-1845

Note: Reservation required a minimum of 7 days in advance.

**Euless Family Life Center, 300 W. Midway Dr.** 

Amenities: Tables and chairs are included in the rental fee.

Resident: \$30/hr Non-resident: \$60/hr

Deposit: Without food or drink \$ 50
With food or drink \$ 250

Activity Room #2
Occupancy Load: 10

Chairs & Tables available to seat: 10

Activity Room #5 Occupancy Load: 90

Chairs & Tables available to seat: 90

Simmons Senior Center, 508 Simmons Dr. 817-685-1649

Occupancy Load: 75

Amenities: ice machine, refrigerator, oven, J.A. Carr Park.

Tables and chairs included in the rental fee.

**Resident:** Three hours \$100

Each additional hour \$35

Nonresident: Three hours \$200

Each additional hour \$70

**Deposit:** Without food or drink \$50

With food or drink \$250

TEXAS STAR CONFERENCE CENTRE

A 7,000 square foot conference centre and 4,000 square www.TexasStarGolf.com

foot pavilion with full services, amenities and on-site catering.

HISTORICAL PRESERVATION COMMITTEE



The Euless Historical Preservation Committee is currently in the process of setting up the first ever Euless Museum at historic Heritage Park. The Committee needs your help in acquiring the following artifacts for display at the Museum.

a. Photographs

b. Large blackboard

c. Any military uniforms, medals or other military items

d. Yearbooks from Euless schools

e. A life size plastic/fiberglass horse

f. An old farm wagon

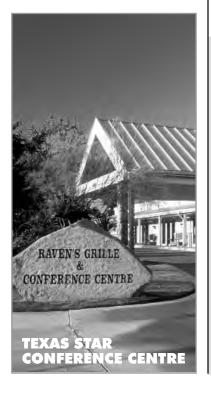
g. An old round top working refrigerator

h. Documents (local maps, deeds, certificates pertaining to the area)

i. Farm equipment

Photographs and other documents will be scanned and returned to the owner within 10 business days. Guided tours of the Himes Log House (built in the 1850's, it's the oldest structure in the area), the Fuller House Museum and the McCormick Barn (built with lumber from WWI) are offered free of charge on the second Saturday of every month from 1-5 p.m. Group tours of 15 people or more can be arranged on a different day depending on staff availability. For details and information about the Euless Historical Preservation Committee and Museum email ofaivasiale@eulesstx.gov or call 817-685-1649.





# **OUTDOOR FACILITY RENTAL INFORMATION**







PAVILIONS

Resident:

Four hours \$ 50
Each additional hour \$ 10

Non-resident:

Four hours \$100
Each additional hour \$ 10

Available:

7 a.m. to 11 p.m.

Bear's Den Pavilion 1951 Bear Creek Pkwy. (east side of Parkway)

Amenities: Playground, picnic tables, grilling areas, minimum electricity, restrooms.

\$250

Bob Eden Park Pavilion

901 W. Mid-Cities Blvd.

Amenities: Playground, picnic tables, grilling areas,

3 regulation-size sand volleyball courts, minimum electricity, tennis courts,

Parks at Texas Star Pavilion 1501 South Pipeline Rd.

**Amenities:** Playground, picnic tables, grilling area, batting cages, minimum electricity, restrooms.

Texas Outdoor Education Trail Pavilion

1951 Bear Creek Parkway (west side of Parkway)

Amenities: Picnic tables, grilling areas, minimum electricity, restrooms, serving

stand.

Deposit:

AMPHITHEATER 817-685-1649

Texas Outdoor Education Trail, Amphitheater Stage, & Pavilion 1951 Bear Creek Parkway (west side of Bear Creek Pkwy.)

Amenities: See Texas Outdoor Education Trail Pavilion for a list.

Resident: Four hours \$150
Each additional hour \$20
Available: 7 a.m. to 11 p.m.

Non-resident: Four hours \$300 Each additional hour \$20

Deposit: \$250

GAZEBOS 817-685-1649

Resident: Four hours \$ 25
Each additional hour \$ 10
Non-resident: Four hours \$ 50

Each additional hour \$ 10

Available: 8 a.m. to 8 p.m.

Deposit: \$250

J.A. Carr Park Gazebo
508 Simmons Dr.

McCormick Park Gazebo
2190 Joyce Court

PRACTICE FIELDS

817-685-1838

817-685-1649

NOTE: Reservations require a minimum 2-day (48-hour) notice and cannot be made more than 2-weeks prior to the rental. To see full field rental policies, please visit www.eulesstx.gov/pacs. Field preparation is not included. Fields may be closed at times for scheduled maintenance or special events.

Resident: Lighted per hour \$ 18 Bob Eden Park Field

Unlighted per hour \$ 10 901 W. Mid-Cities Blvd.

Non-resident: Lighted per hour \$ 28 **817-685-1649** 

Unlighted per hour \$ 20 Available: Jan.-Dec. (8 a.m. - 10 p.m.)

# **Euless Family Life Center**

300 West Midway Dr.

# RECREATION CENTER & FITNESS CENTER

(817) 685-1666

Heidi Taylor Center Supervisor (817) 685-1681

Robbie Rodgers Center Program Coordinator (817) 685-1668

# HOURS OF OPERATION

Monday – Thursday 5:30 a.m. – 9 p.m. Friday 5:30 a.m. – 8 p.m. Saturday 8 a.m. – 6 p.m. Sunday 1 p.m. – 6 p.m.

## **CHILDCARE**

Monday – Friday 5 p.m. – 8 p.m. Saturday 8 a.m. – 11 a.m.

# **SENIOR CENTER** (817) 685-1671

Diane Eggers Senior Center Supervisor (817) 685-1670

> Blake Cloud Senior Center Activity Programmer (817) 685-1871

# HOURS OF OPERATION

Mon.-Tues.-Wed.-Fri. 6:30 a.m. - 4 p.m.

*Thursday* 6:30 a.m. - 9 p m.

Saturday & Sunday Closed



				- 90 / (Table)		SCHOOL SHOWS IN THE CO.	
S. / Euless	EULES	SS FAMILY	LIFE CE	NTER MEN	MBERSH	IIP FEES	
FabFuless	RESIDENT		SILVER		GOLD		
1 ablutios.	Indiv	vidual	Indiv	/idual	Ind	lividual	
Annual Fee	\$	10	\$	75	\$	125	
Fee per Visit	\$	-	\$	-	\$	-	
Weight Room per Visit	\$	3	\$	-	\$	-	
Racquetball	\$	3	\$	-	\$	-	
*Drop-in Daycare per Visit	\$	5	\$	5	\$	included	
	Family o	(Parents & hildren under 18)	Family a	(Parents & children under 18)	Family	(Parents & children under 18)	
Annual Fee	\$	30	\$	110	\$	175	
Fee per Visit	\$	-	\$	-	\$	-	
Weight Room per Visit	\$	3	\$	-	\$	-	
Racquetball	\$	3	\$	-	\$	-	
*Drop-in Daycare per Visit	\$	5	\$	5	\$	included	
	Incl	ludes	Includes		Includes		
Photo Membership Card		Yes	· ·	'es		Yes	
Basketball Walking/Jogging trail	· ·	Yes Ves	Yes Yes		Yes		
Games Area	Yes Yes		Yes		Yes Yes		
Shower Availability		Yes		Yes		Yes	
Unlimited Fitness Center Visits	No No		Yes No		Yes Yes		
Unlimited Day Care		No No	· ·				
Unlimited Day Care		No	1	No	SILVER (60	Yes	
	SENIOR (60		SENIOR (60+)				
Unlimited Day Care  SENIOR	SENIOR (60	No 0+) - Resident	SENIOR (60+)	No - Non-Resident		Yes )+) - Non-Resident	
Unlimited Day Care  SENIOR RATES	SENIOR (60 Indi \$ Full access	No  0+) - Resident  vidual  5  to both Family	SENIOR (60+)  Indiv  \$  Access to S	No Non-Resident Vidual 25 Senior Center	\$ Full acces	Yes  H+) - Non-Resident  lividual  75 as to both Family	
SENIOR RATES Annual Fee	SENIOR (60 Indi  \$ Full access Life Center 8	No D+) - Resident Vidual  5 to both Family & Senior Center	SENIOR (60+) Indiv	No - Non-Resident  /idual 25 Senior Center	\$ Full acces	Yes  P+) - Non-Resident  Iividual  75 as to both Family r & Senior Center	
SENIOR RATES Annual Fee	SENIOR (60 Indi \$ Full access Life Center 8	No D+) - Resident Vidual 5 to both Family & Senior Center H (8-15)	SENIOR (60+)  Indiv  \$ Access to S	No Non-Resident Vidual 25 Senior Center nly  JETBALL	\$ Full acces Life Cente	Yes  1+) - Non-Resident  1ividual  75  ss to both Family r & Senior Center  RESIDENT	
SENIOR RATES Annual Fee	SENIOR (60 Indi \$ Full access Life Center 8 YOUTH	No D+) - Resident vidual 5 to both Family & Senior Center H (8-15) vidual	SENIOR (60+)  Indiv \$ Access to S 0  RACQU Indiv	- Non-Resident //dual 25 Senior Center nly  JETBALL //dual	\$ Full acces Life Cente	Yes  1+) - Non-Resident  1ividual  75  ss to both Family r & Senior Center  RESIDENT  ividual	
SENIOR RATES Annual Fee Access	SENIOR (60 Indiv \$ Full access Life Center 8 YOUTH Indiv	No D+) - Resident Vidual 5 to both Family & Senior Center H (8-15)	SENIOR (60+)  Indiv  \$ Access to \$ 0  RACQU Indiv	No Non-Resident Vidual 25 Senior Center nly  JETBALL	Full acces Life Cente NON-I	Yes  1+) - Non-Resident  1ividual  75  ss to both Family r & Senior Center  RESIDENT	
SENIOR RATES Annual Fee Access Annual Fee Fee per Visit	SENIOR (60 Indi \$ Full access Life Center 8 YOUTH	No D+) - Resident vidual 5 to both Family & Senior Center H (8-15) vidual 5	SENIOR (60+)  Indiv  \$ Access to S 0  RACQU Indiv	No - Non-Resident vidual 25 Senior Center nly JETBALL vidual 75	Full acces Life Cente NON-I	Yes  P+) - Non-Resident  Iividual  75 as to both Family a Senior Center  RESIDENT  ividual  75 -	
SENIOR RATES Annual Fee Access  Annual Fee Fee per Visit Weight Room per Visit	SENIOR (60 Indiv \$ Full access Life Center 8 YOUTH Indiv	No D+) - Resident vidual 5 to both Family & Senior Center H (8-15) vidual 5 - n/a	SENIOR (60+)  Indiv  \$ Access to \$ 0  RACQU Indiv  \$	- Non-Resident //dual 25 Senior Center nly  JETBALL //dual	Full acces Life Cente  NON-I  Indi  \$ \$	Yes  O+) - Non-Resident  Iividual  75  as to both Family a Senior Center  RESIDENT  ividual  75  - 3	
SENIOR RATES Annual Fee Access  Annual Fee Fee per Visit Weight Room per Visit Racquetball	SENIOR (60 Indiv \$ Full access Life Center 8 YOUTH Indiv	No D+) - Resident vidual  5 to both Family Senior Center H (8-15) vidual  5 - n/a n/a	SENIOR (60+)  Indiv  \$ Access to \$ 0  RACQU Indiv	No - Non-Resident //idual 25 Senior Center inly  JETBALL //idual 75 - n/a -	Full acces Life Cente NON-I	Yes  P+) - Non-Resident  Iividual  75 as to both Family a Senior Center  RESIDENT  ividual  75  - 3 3 3	
SENIOR RATES Annual Fee Access  Annual Fee Fee per Visit Weight Room per Visit	SENIOR (60 Indiv \$ Full access Life Center 8 YOUTH Indiv	No D+) - Resident vidual 5 to both Family & Senior Center H (8-15) vidual 5 - n/a n/a n/a	SENIOR (60+)  Indiv  \$ Access to \$ 0  RACQU Indiv  \$ \$	No - Non-Resident vidual 25 Senior Center nly JETBALL vidual 75	Full acces Life Cente  NON-I  Indi  \$ \$	Yes  Or Hamily To Senior Center  RESIDENT  Ividual To	
SENIOR RATES Annual Fee Access  Annual Fee Fee per Visit Weight Room per Visit Racquetball	SENIOR (60 Indi  \$ Full access Life Center 8 YOUTH Indix \$ \$	No D+) - Resident vidual 5 to both Family 3 Senior Center H (8-15) vidual 5 - n/a n/a n/a DAILY U	SENIOR (60+)  Indiv  \$ Access to S  O  RACQU  Indiv  \$ \$ \$	No - Non-Resident //dual 25 Senior Center nly  JETBALL //dual 75 - n/a - n/a	Full acces Life Cente NON-I Indi \$ \$ \$	Yes  P+) - Non-Resident  Iividual  75 as to both Family a Senior Center  RESIDENT  ividual  75  - 3 3 3	
SENIOR RATES Annual Fee Access  Annual Fee Fee per Visit Weight Room per Visit Racquetball *Drop-In Daycare Per Visit	SENIOR (60 Indi  \$ Full access Life Center 8 YOUTH Indix \$ \$	No D+) - Resident vidual 5 to both Family & Senior Center H (8-15) vidual 5 - n/a n/a n/a	SENIOR (60+)  Indiv  \$ Access to S  O  RACQU  Indiv  \$ \$ \$	No - Non-Resident //idual 25 Senior Center inly  JETBALL //idual 75 - n/a - n/a  Resident	Full acces Life Cente NON-I Indi \$ \$ \$	Yes  P+) - Non-Resident  Iividual  75 as to both Family a Senior Center  RESIDENT  ividual  75  - 3 3 n/a	
SENIOR RATES Annual Fee Access  Annual Fee Fee per Visit Weight Room per Visit Racquetball *Drop-In Daycare Per Visit Annual Fee	SENIOR (60 Indi  \$ Full access Life Center 8  YOUTH Indiv  \$ \$	No D+) - Resident vidual  5 to both Family Senior Center H (8-15) vidual  5 - n/a n/a n/a DAILY U ident n/a	SENIOR (60+)  Indiv  \$ Access to \$ 0  RACQU Indiv  \$ \$  SE FEES Non-R	No Non-Resident Vidual 25 Senior Center nly  JETBALL Vidual 75 - n/a - n/a  Resident n/a	Full acces Life Cente  NON-I  Indi  \$ \$ \$ \$ \$ COR	Yes  P+) - Non-Resident  Iividual  75 Is to both Family I'v Senior Center  RESIDENT  Ividual  75  - 3 3 n/a  PORATE  must be in listing	
SENIOR RATES Annual Fee Access  Annual Fee Fee per Visit Weight Room per Visit Racquetball *Drop-In Daycare Per Visit  Annual Fee Fee per Visit	SENIOR (60 Indi  \$ Full access Life Center 8  YOUTH Indix  \$ \$	No D+) - Resident vidual 5 to both Family & Senior Center H (8-15) vidual 5 - n/a n/a n/a DAILY U ident	SENIOR (60+)  Indiv  \$ Access to \$ 0  RACQL  Indiv  \$ \$  SE FEES  Non-R	No Non-Resident Vidual 25 Senior Center nly  JETBALL Vidual 75 - n/a - n/a 10	Full acces Life Cente  NON-I Indi  \$ \$ \$ \$ \$ \$ COR  Company or with	Yes  P+) - Non-Resident  Iividual  75  Is to both Family  The Senior Center  RESIDENT  Ividual  75  -  3  3  n/a  PORATE  must be in listing ain City limits.	
SENIOR RATES Annual Fee Access  Annual Fee Fee per Visit Weight Room per Visit Racquetball *Drop-In Daycare Per Visit Annual Fee	SENIOR (60 Indiv \$ Full access Life Center 8 YOUTH Indiv \$ \$ Resi	No D+) - Resident vidual  5 to both Family Senior Center H (8-15) vidual  5 - n/a n/a n/a DAILY U ident n/a	SENIOR (60+) Indiv \$ Access to \$ 0 RACQUINDIV \$ \$ \$ SE FEES Non-R	No Non-Resident Vidual 25 Senior Center nly  JETBALL Vidual 75 - n/a - n/a  Resident n/a	Full acces Life Cente  NON-I Indi  \$ \$ \$ \$ \$ \$ COR  Company or with	Yes  P+) - Non-Resident  Iividual  75 as to both Family a Senior Center  RESIDENT  ividual  75  - 3 3 n/a  PORATE  must be in listing ain City limits.  ional \$10 to	
SENIOR RATES Annual Fee Access  Annual Fee Fee per Visit Weight Room per Visit Racquetball *Drop-In Daycare Per Visit  Annual Fee Fee per Visit	SENIOR (60 Indi  \$ Full access Life Center 8  YOUTH Indix  \$ \$	No D+) - Resident vidual 5 to both Family 3 Senior Center H (8-15) vidual 5 - n/a n/a n/a n/a DAILY U ident n/a 5	SENIOR (60+)  Indiv  \$ Access to \$ 0  RACQL  Indiv  \$ \$  SE FEES  Non-R	No Non-Resident Vidual 25 Senior Center nly  JETBALL Vidual 75 - n/a - n/a 10	Full acces Life Cente  NON-I Ind  \$ \$ \$ \$ \$ \$ COR  Company or with Addit any	Yes  P+) - Non-Resident  Iividual  75  Is to both Family  The Senior Center  RESIDENT  Ividual  75  -  3  3  n/a  PORATE  must be in listing ain City limits.	



NOTE: The Family Life Center will be CLOSED May 28th and July 4th.

\*Daycare service for children 18 mos. to 7 years old (2 hour max per visit)
\*Drop-In Daycare Hours: M-F (5 p.m. - 8 p.m.) / Sat (8 a.m. - 11 a.m.)
\*All subject to availability

\$5 per visit or \$20 for 10 visits (coupon book)
Three kids per household per visit

\*Three kids per household per visit \*Not valid for corporate memberships